Vancouver metro

MONDAY, DECEMBER 12, 2016

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Vancouver metro

Your essential daily news | MONDAY, DECEMBER 12, 2016

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THE FULL BODY YAWN

Nature's way of preparing you for yoga

metroLIFE

'Mom, why can't we go to school?'

As Trump's deportation vows stir fear in U.S., one Langley family in immigration limbo struggles to enrol their Canadian children

metroNEWS

DAVID P. BALL/METRO

Snuggle up to these pros this holidays

STRESS RELIEF

Cuddle-preneurs unite to promote safety, training

Stu Neatby
Metro | Vancouver

With the bustle of the holiday season in full swing, Canadians will soon be able to relieve their stresses with the help from newly certified snugglers.

Vancouver entrepreneur Marilyn Reid, founder of cuddlery.ca, has founded the Canadian Association of Professional Cuddlers, an umbrella group of a growing industry of cuddling services. Professional cuddlers lend their services, for a flat fee ranging from $85-$115 per hour, to clients who may be in need of a hug. The association offers a variety of services, ranging from "skin-to-skin" and cuddle parties, but most professionals are quick to point out that their services involve no sexual activity.

Reid says she helped start the association in order to promote adequate training of new entrants to Canada's growing cuddling industry.

"We're really doing all that we can to make sure that it will be as safe as possible and it will be respectful," said Reid.

"So many people have started on the side without any training."

Cuddling services have grown in the past two years from small gatherings, or "cuddle parties," to a sector of small businesses. Most major Canadian cities have at least one professional cuddling service, such as Vancouver's Cuddlery, managed by Reid, or Montreal's cuddleme.ca. In Vancouver alone, 1,800 cuddlers are registered on the website cuddleup.com, which allows users, or cuddlees, to browse profiles of male and female cuddlers of various ages.

But Reid believes that professionalism has suffered with this growth of cuddle-preneurship. She says that many are offering cuddling services as a front for prostitution, which has tarnished the reputation of more professional cuddlers. Others may lack safety protocols. Cuddlery, for example, insists on filming cuddle sessions, which is practiced by in order to protect the safety of staff.

"It's important that people who are there try not to take advantage of (clients) and that if they are bad cuddlers, then at least we know about that, and we can help people have better quality cuddles," she said.

Reid hopes that the CAPC will also give the profession some much-needed credibility. She believes that the human contact of cuddling offers many psychological health benefits. Medical studies have shown that human touch releases the hormone oxytocin, often known as the "cuddle hormone."

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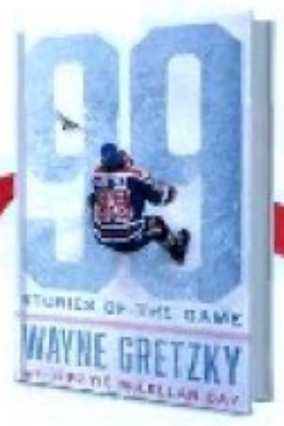

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metro NEWS

Your essential daily news

Wisdom, a Laysan albatross called the world's oldest known seabird, is expecting again.

First Nation posts reward to find killer of wild horses

MYSTERY

Animals hold 'intrinsic value' to their culture, chief says

David P. Ball
Metro | Vancouver

The Tsilhqot'in National Government is trying to solve a murder mystery: five dead wild horses found in its territories near Williams Lake, B.C.

Now, the First Nation is offering a $1,000 reward for tips leading to an arrest, hoping to hold accountable whoever apparently killed the animals of "intrinsic value" to its culture.

"It appears someone intentionally killed them," the government said in a statement, citing the fact all five animals were found suspiciously close to one another.

According to the nation's chief, Russell Myers Ross, the population of wild horses — which have roamed Tsilhqot'in lands for centuries — are "unique" to his culture and have "intrinsic value."

Wild horses roam freely in Tsilhqot'in territories in B.C. near Williams Lake, where they have existed as a feral population since they were first released roughly 200 years ago.

WAYNE MCCRORY/XENI GWET'IN FIRST NATION

The horses "have been part of the ecosystem for more than 200 years," he said in a statement. "Many community members have expressed anger, disbelief and betrayal over those that have caused harm to the horses.

"There has been a pattern of indifference for the wild horses in the past. Yet, for us, it is not normal and will not be tolerated."

Under Canada's Criminal Code, it's illegal to intentionally harm or kill a horse, carrying a maximum penalty of five years in prison. The First Nation stated that it reported the deaths to local RCMP and asked them to investigate.

The horses were discovered last month roughly 25 kilometres south of the First Nations community of Yunesit'in.

The Tsilhqot'in won a decades-long court battle in 2014, spearheaded by Chief Roger William, the national government's vice-chair.

In the decisive victory, nicknamed the Williams case, the Supreme Court of Canada ruled that the Crown must get the semi-nomadic culture's approval to exploit resources on lands to which Tsilhqot'in have title — unless they're consulted and the activities are demonstrated to be in the public interest.

"The Tsilhqot'in Nation has proven Aboriginal title and rights in this area, including the right to capture and use wild horses," said Williams, who is also chief of the Xeni Gwet'in First Nation, in a statement. "These horses were roaming in South Chilcotin ranges.

"Intentionally harming horses is an outrage and a violation of our Aboriginal rights and values."

> **These horses were roaming in South Chilcotin ranges. Intentionally harming horses is an outrage and a violation of our aboriginal rights and values.**
>
> Chief Roger Williams, Xeni Gwet'in First Nation

BY THE NUMBERS

1,000

Estimated wild horse population thought to exist in Chilcotin plateau, B.C.

330

Estimated wild horses in Xeni Gwet'in First Nation land

LANGLEY

Fire leaves residents homeless

Dozens of people are homeless after a fire ripped through a four-storey condominium complex Sunday morning.

Rory Thompson, fire chief for the City of Langley, said crews received a call about a fire on a fourth floor balcony around 10 a.m. and about 55 firefighters were still attacking the flames several hours later.

A release from the City of Langley said all residents of the building were safely evacuated.

Thompson said two firefighters and a resident rescued from the top floor were all taken to hospital and treated for smoke inhalation.

Dan McDonald lives on the building's second floor and said he was jolted awake by the sound of fire alarms Sunday morning.

"Heck of a way to start your Sunday," he said outside his building, describing the scene as "surreal."

Thompson said there are about 60 units in the building and it's unlikely the residents can return home any time soon.

He said there's no indication yet as to what caused the fire.

THE CANADIAN PRESS

Firefighters battle the three-alarm fire. THE CANADIAN PRESS

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NYIT

GLOBAL CAMPAIGN

Amnesty International takes aim at Site C dam

An annual Amnesty International human-rights campaign is taking aim at a Canadian project for the first time — the Site C dam.

The $8.8-billion hydroelectric dam project in northeast British Columbia was one of 10 global issues targeted by the Write for Rights campaign on Saturday.

The campaign involves events held across the world where people write letters petitioning leaders for action on human-rights causes.

Letter-writers are demanding Prime Minister Justin Trudeau revoke approvals for the project, which would flood First Nations spiritual, burial and archeological sites and affect hunting and fishing areas in the Peace Valley.

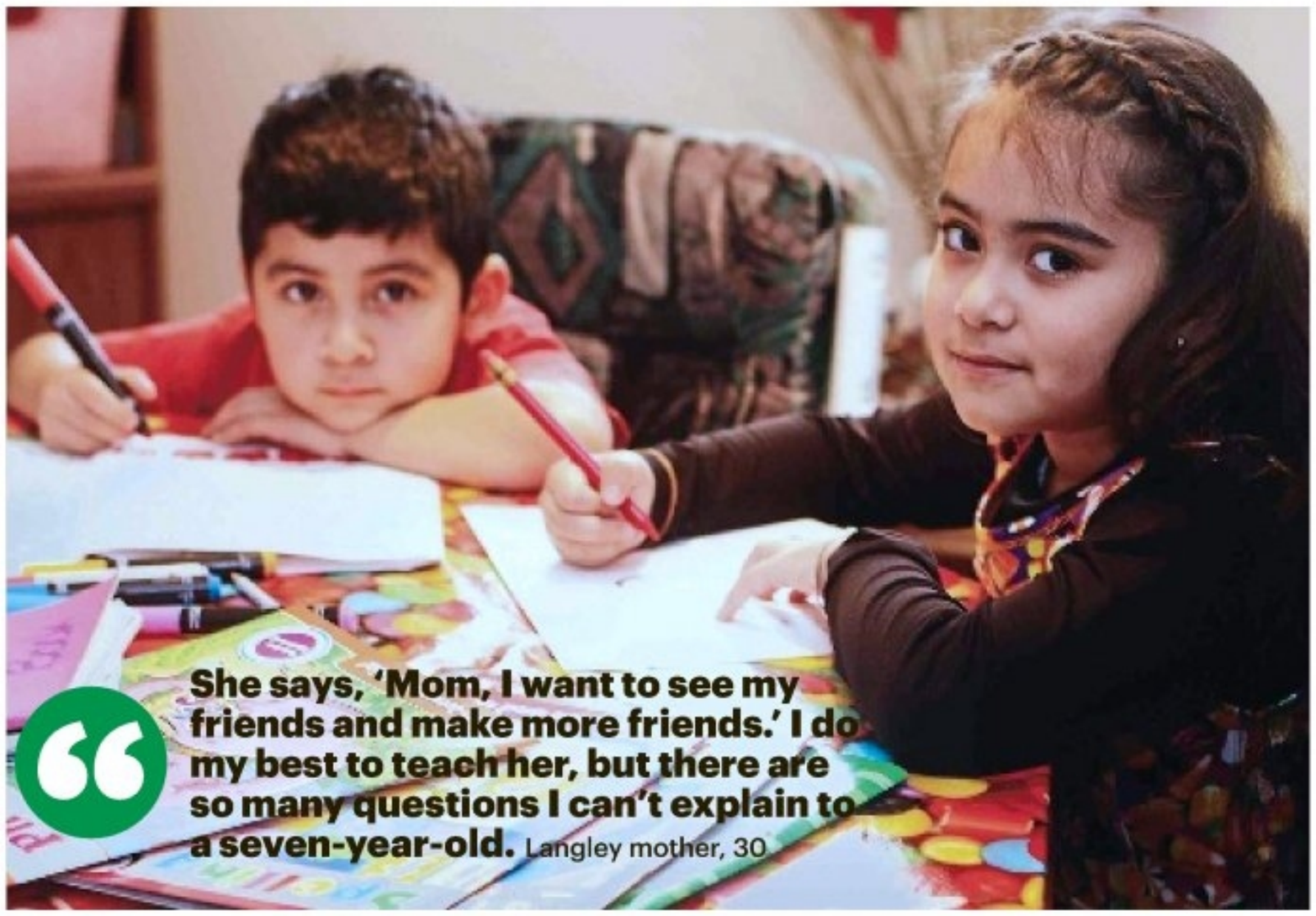
Craig Benjamin of Amnesty International Canada said it's significant that the project was selected for the campaign along with high-profile causes in the U.S., China and Iran.

"The human rights abuses are real and significant, of both the direct impacts of the dam and the very process itself, that the rights of indigenous peoples could be ignored in such a blatant way," he said.

> **The human rights abuses are real and significant.**
> Craig Benjamin

"It also has a symbolic importance that is larger than the Peace Valley, larger than British Columbia and larger than Canada."

He said the Trudeau government wants to be seen on the world stage as a champion of indigenous rights and it must be reminded of its obligations by the international community. THE CANADIAN PRESS


She says, 'Mom, I want to see my friends and make more friends.' I do my best to teach her, but there are so many questions I can't explain to a seven-year-old. Langley mother, 30

Two Langley children, aged five (left) and seven, colour surrounded by their homeschooling supplies because they were barred from enrolling in their local elementary school. Their parents have worked in Canada for nearly a decade. DAVID P. BALL/METRO

Booted from school

ACCESS WITHOUT FEAR

Canadian kids forced to leave over parents' citizenship

David P. Ball
Metro | Vancouver

"Where kids reach for the stars."

That's the motto emblazoned above the entrance of North Otter Elementary School, surrounded by snow-glistening fields in Langley.

But for two siblings living just minutes away, that motto appears not to apply.

Despite the fact that both the five- and seven-year old were born in Canada — and are therefore Canadian citizens — the local school district won't let them enrol because of their horse-trainer Mexican parents' paperwork troubles.

The federal government offered the mother and children visitor visas so they could enrol by a Sept. 30 deadline, while their father continues his paperwork in Mexico to resume his 10-year employment at Hastings Racecourse.

"I sent all the papers, I never lied. They asked me for my status, and I sent my visa," explained their mother, a 30-year-old optometry student from Mexico City, whom Metro agreed not to identify because of their precarious immigration process.

"They were really excited to be at school — the principal was so nice and took the kids to their classrooms. But after only a couple hours, they called and told us to pick them up: 'Your kids cannot be here.'"

It turned out they were neither registered for classes, nor covered by the school's insurance, a staffer told her.

When she returned to the school, her five-year-old son was building something with other children on a classroom floor, and her seven-year-old daughter was about to go outside to play with her peers.

"They asked us, 'Mom, why are you picking us up early?" she recalled, apologetically beginning to sob. "They asked, 'Mom, why can't we go to school?'

"She says, 'Mom, I want to see my friends and make more friends.' I do my best to teach her, but there are so many questions I can't explain to a seven-year-old."

According to a provincial Ministry of Education — which couldn't discuss the details of this specific case — "eligibility for free public education is based on residence rather than citizenship or immigration status," spokesman Craig Sorochan said in an emailed statement.

The problem lies in the B.C. School Act's wording that what is required is parents be "ordinarily resident" of the province.

But although individual school districts fall under provincial jurisdiction, each determines its own enrolment policies.

Langley School District No. 35 did not respond to Metro's request for comment Friday morning.

> **They're going through the process and doing everything properly. They've been here for nearly 10 years, working and contributing. It just seems unfair.**
> Mel Snow, Vice President of Horsemen's Benevolent and Protective Association B.C.

But the province needs to clarify and standardize its registration rules, argued two advocates with Sanctuary Health, which campaigns for undocumented and precarious migrants' "access without fear" to services.

"There are many kids who are not able to go to school here," said Byron Cruz.

His colleague in Sanctuary Health, Alejandra Lopez Bravo, said the issue is much larger than this one family in Langley.

"It illustrates the situation of many families, whether they're waiting to hear the outcome of their applications, are deciding what their options are to regularize their status, or they're undocumented," she said.

"There are a lot of families facing these barriers … We're looking forward to meeting again with the ministry so that they can clarify this."

The parents' employer, Mel Snow, welcomed the family into his family's Langley basement suite until they can get status in Canada.

There they learn math, reading, writing, phonics from books provided under the table by a teacher friend.

"It's tough on both the kids," said the veteran horse trainer and vice-president of the Horsemen's Benevolent and Protective Association of B.C. "But it's especially tough for a little girl to not understand why she's not allowed to go to school.

"They're going through the process and doing everything properly. They've been here for nearly 10 years, working and contributing. It just seems unfair."

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GOVERNMENT

B.C. gives go-ahead to drone pilot project for search and rescue in two communities

Drones will be used by search-and-rescue crews in two communities in British Columbia as part of a one-year pilot project.

The drones will be used in Coquitlam and Kamloops with the blessing of Emergency Management B.C.

The provincial government says the devices have the potential to help emergency management personnel and are increasingly being used by public safety agencies across North America.

Emergency Management says it will ensure the drones are used in ways that consider privacy and Transport Canada regulations.

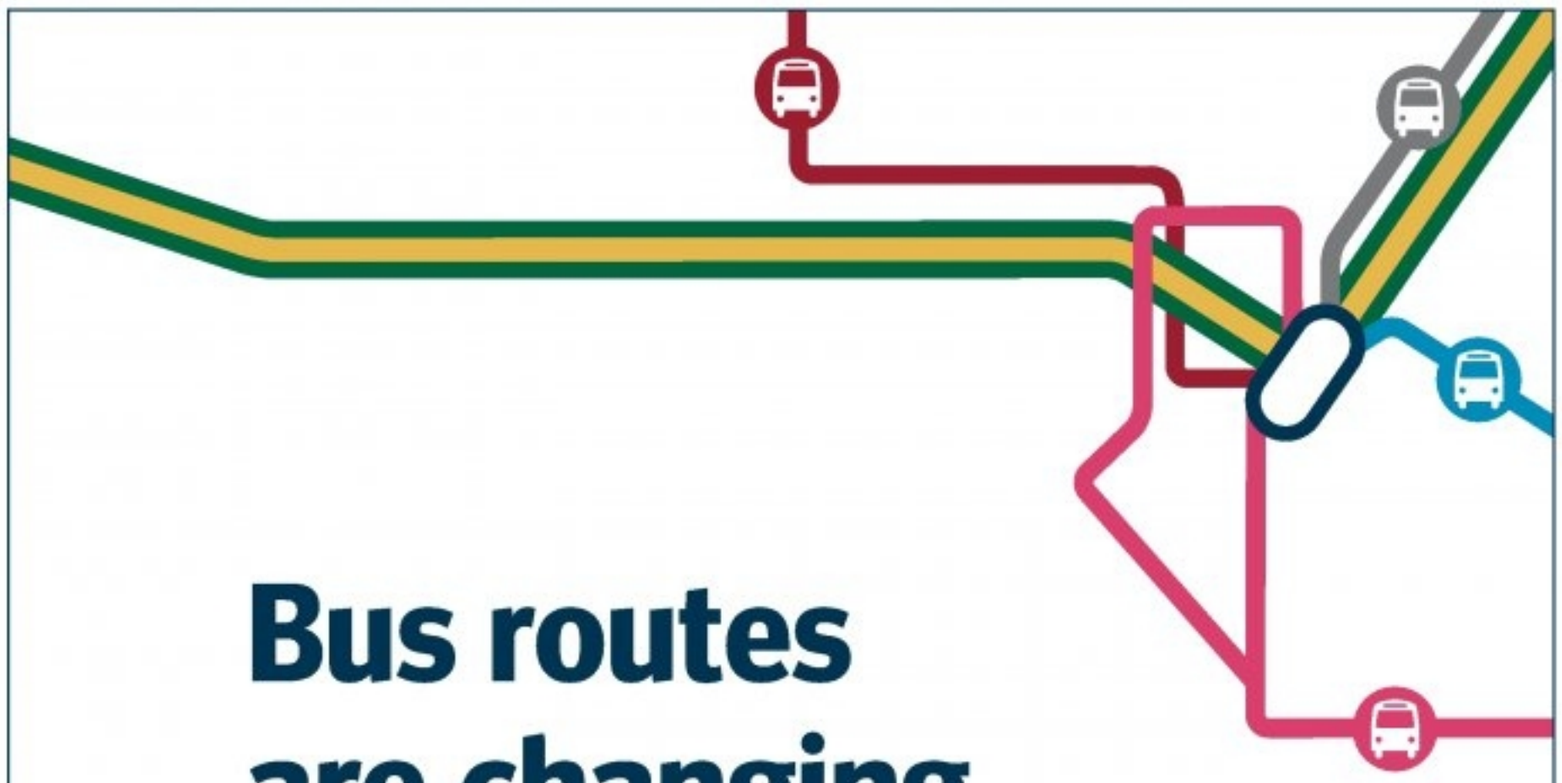
Tom Zajac, vice-president of Coquitlam Search and Rescue, says in a news release the organization is always looking at using new technologies and techniques to improve its search capabilities or reducing risks to people involved in search and rescue operations.

Alan Hobler, president of Kamloops Search and Rescue, says the group has been testing and training with drones.

They can "be a more-effective means of searching terrain that would otherwise be difficult or impossible to search by traditional ground searchers," he said in the release. "Searcher safety is paramount for us and now we have a new tool that we can use in places or circumstances that may pose a risk to our searchers."

THE CANADIAN PRESS

Haveen Kurdi, left, 16, hugs her aunt Tima Kurdi, who lives in the Vancouver area, after her family, who escaped the war in Syria, arrived at Vancouver International Airport a year ago. THE CANADIAN PRESS



Bus routes are changing

The opening of the Evergreen Extension provides an opportunity to revise the bus network to better meet community needs and provide more direct connections to SkyTrain and West Coast Express.

Starting Monday, December 19, some of the bus routes in the Tri-Cities and surrounding areas will change. Know before you go at translink.ca/servicechanges

Millennium Line | Evergreen Extension

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TRANSLINK

One year in Canada

SYRIAN REFUGEES

Struggle to find resources beyond food, shelter persists

Wanyee Li
Metro | Vancouver

One year after Syrian refugees began arriving in Canada, a new Immigrant Services Society of B.C. (ISSofBC) report shows the success and challenges of their lives so far.

Three quarters of Syrian refugees in B.C. are currently taking federally funded English language classes, but only 17 per cent are employed in either full-time or part-time work, according to the report.

Meanwhile, more than half of respondents (66 per cent) reported using food banks to support their families.

One of the biggest challenges, especially in urban areas like the Lower Mainland, was finding affordable housing for Syrian families, who sometimes had as many as 12 members, said Chris Friesen, director of settlement services at ISSofBC.

"The search for permanent housing meant that many families spent two, three or more months in temporary reception and housing facilities."

The current wait time for permanent housing is now a more reasonable 23 days, he said.

But many refugees still struggle to find resources beyond the basic necessities of food and shelter. About 16 per cent of Syrian refugees reported feeling depressed, according to the ISSofBC report.

"It has really highlighted the gap in the fact that we don't have a national settlement informed trauma program that would provide short term access [like] six to 10 visits with bicultural counsellors," said Friesen. But B.C. will see a return to pre-2016 refugee numbers next year, he said.

"The combined [federal] target for all refugees from all countries is 7,500. Compared to similar targets prior to 2016, B.C. on average received around 800 government-assisted refugees."

Three people risk lives riding outside of trains

TRANSIT

Police catch, detain riders; say incidents concerning

Wanyee Li
Metro | Vancouver

Three people, including two preteens, put their lives at serious risk in the span of six days when they rode on the outside of a SkyTrain car before being detained by police.

In one case, a 20-year old Chilliwack man was celebrating his birthday Dec. 9 and was riding on the coupler linking two SkyTrain cars when Transit Police officers intercepted the train at 22nd Street Station in New Westminster.

Police issued him a $115 violation ticket for riding on the outside of a train and a $173 fine for fare evasion.

When asked why the penalty for riding on the outside of a SkyTrain was lower than for not paying fare, a spokesperson for Metro Vancouver Transit Police acknowledged the discrepancy.

"Under the Transit Act, $115 ticket doesn't seem like much of a penalty for the risk they took. But that's what's available," said spokesperson Ann Drennan.

Fine amounts are laid out in the South Coast British Columbia Transportation Authority Act, governed by the provincial government.

In another case, two boys — 13 and 14 years old — were caught riding on the outside of the train at 1:20 a.m. on Dec. 4.

Three people, including two preteens, were recently caught riding the outside of the Vancouver SkyTrain. METRO FILE

> "The fact that there were three of them doing this and none of them slipped and fell was nothing short of miraculous." Ann Drennan

Officers did not issue them tickets due to their age and the response of their parents, according to a written release.

Police warned all three offenders about the extreme danger of their actions before releasing them, said Drennan.

"These young men, two were very young, they put their lives at risk by doing this. If they had slipped off that coupler and fallen, they would almost certainly had fallen under the train [...] they would have been seriously injured or died," she said.

Drennan says while this degree of recklessness is uncommon, the fact that this happened twice in six days is "concerning."

This is not something other people should copy, she warned.

"The fact that there were three of them doing this and none of them slipped and fell was nothing short of miraculous."

It's a busy start to the holiday season for Transit Police's 167 officers, said Drennan. Officers have also had to deal with an increased number of liquor offences this past weekend, she told Metro.

"It is a busy time, first of all because so many people use transit because they are going to social functions and don't want to drink and drive."

People can report inappropriate behaviour to Transit Police by texting 87 77 77.

TRANSIT FINES

- **Riding on outside of SkyTrain** $115
- **Fare evasion** $173

LAWSUIT

Mountie alleges mental anguish

An RCMP officer has filed a lawsuit alleging he suffers from post-traumatic stress disorder after being exposed to a "significant volume" of child pornography while working in a specialized unit.

Const. Michael Wardrope says he was exposed to disturbing videos, photographs, interviews and interrogations as a member of the child abuse and sexual offence unit in Surrey.

"His mental health was impacted by unescapable images and memories from the files he had worked on," says the lawsuit filed in British Columbia Supreme Court.

Wardrope says in the court document he was "flattered" when he was recruited to the unit in 2009. But he says he told his bosses he had three young children, had to commute hours per day and didn't think viewing child porn would be healthy.

He alleges his supervisor assured him that overtime was uncommon and that the amount of child pornography that needed to be viewed was "very minimal and almost non-existent," as the work was, for the most part, interviewing children.

Despite the assurances from his superiors, he says, within the first three months on the job he was required to work overtime and was exposed to child pornography. The unit was significantly understaffed, he alleges.

"The plaintiff was aware of, or had witnessed personally on a number of occasions, members in the unit breaking down and crying while working on files," the lawsuit says.

None of the allegations has been tested in court.

THE CANADIAN PRESS

‘This country is welcoming’

ANNIVERSARY

Syrian refugees glad to be here despite the challenges

Noura Alissa says she’s very grateful for the warm welcome she’s received in Canada, but admits the year since she arrived in Montreal from Syria has been more difficult than she expected.

“Trying to find a job while learning French has been difficult, but I am trying,” the 25-year-old Syrian refugee said in English in an interview Sunday. She said the warm welcome she’s received from Canadians has helped ease the transition.

It has been a year since Canada welcomed the first group of Syrians that the government flew out of refugee camps, and both political leaders and refugees marked the occasion over the weekend with a mixture of pride and an acknowledgment of the challenges that remain.

Immigration Minister John McCallum said he would never forget joining Prime Minister Justin Trudeau and other cabinet ministers at Toronto’s Pearson airport on Dec. 10, 2015 to greet the first plane load of refugees.

George Kas Barsoum and Chama Zakko attend an event in Montreal on Sunday to mark one year anniversary of the arrival of refugees from Syria to Canada. GRAHAM HUGHES/THE CANADIAN PRESS

“At a time when many countries closed their doors to refugees, we in Canada said ‘come on in, you’re welcome,’” he said at an event in Montreal on Sunday to mark the anniversary.

> **You cannot compare the life in a peaceful country with life where there is war.**
> George Kas Barsoum

Prime Minister Trudeau also noted the anniversary on Twitter over the weekend and federal Health Minister Jane Philpott, who also joined Trudeau in welcoming the first plane load, noted the fond memories she had of that night in a tweet.

McCallum and other political leaders at the Montreal event acknowledged there are still challenges to face. Despite the arrival of more than 36,000 refugees since Nov. 2015, he noted many newcomers were still waiting to be reunited with their families.

“The first thing (newly-arrived refugees) would tell me was ‘Thank you Canada,’” he said. “The second thing they would say is ‘there are members of our family still in Syria,’” he said.

Canada has almost 19,000 applications to process, and another 4,124 applicants that have been approved but have not yet arrived in Canada.

Quebec Immigration Minister Kathleen Weil noted that while the refugees’ first year in Canada has been mostly spent picking up a new language and settling in, the challenge is now to help them join the labour market.

“You cannot compare the life in a peaceful country with life where there is war,” said George Kas Barsoum said. “This country is peaceful, this country is welcoming, it is very, very good.” THE CANADIAN PRESS

Child care funding promised

A new study suggests that the cost of child-care fees in some of Canada’s biggest cities has skyrocketed over the last three years, rising an average of more than twice the rate of inflation over the same time period.

In a study to be released Monday, the Canadian Centre for Policy Alternatives says the average monthly cost for full-time child care has gone up by more than eight per cent across the country over the last three years.

Much of that is the result of Quebec’s decision to introduce a sliding scale for fees based on income in 2015, which saw average prices jump by 18 per cent, but still remain by far the lowest in the country.

Taking Quebec out of the equation, costs across the country have increased by more than six per cent, more than double the average rate of inflation of 2.5 per cent over that time, the study shows.

What accounts for the increase in fees outpacing the cost of living has baffled researchers who have looked at the issue for years. THE CANADIAN PRESS

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METRO TEMPERATURE CHECK

Winter is here, and if there's anything that unites us as Canadians, it's our shared joys and sorrows brought on by the cold, white, fluffy stuff. If you think you're having a bad winter right now, just remember this: You're not alone. Here is a round up of winter weather across other Metro cities on Sunday. Toronto, Calgary, Winnipeg, Edmonton and Vancouver are relishing their snow days, while Halifax and Ottawa are expecting snowfall on Monday. METRO

Halifax	Ottawa	Toronto	Winnipeg	Edmonton	Calgary	Vancouver
-7C	-6C	-1C	-19C	-18C	-17C	-4C

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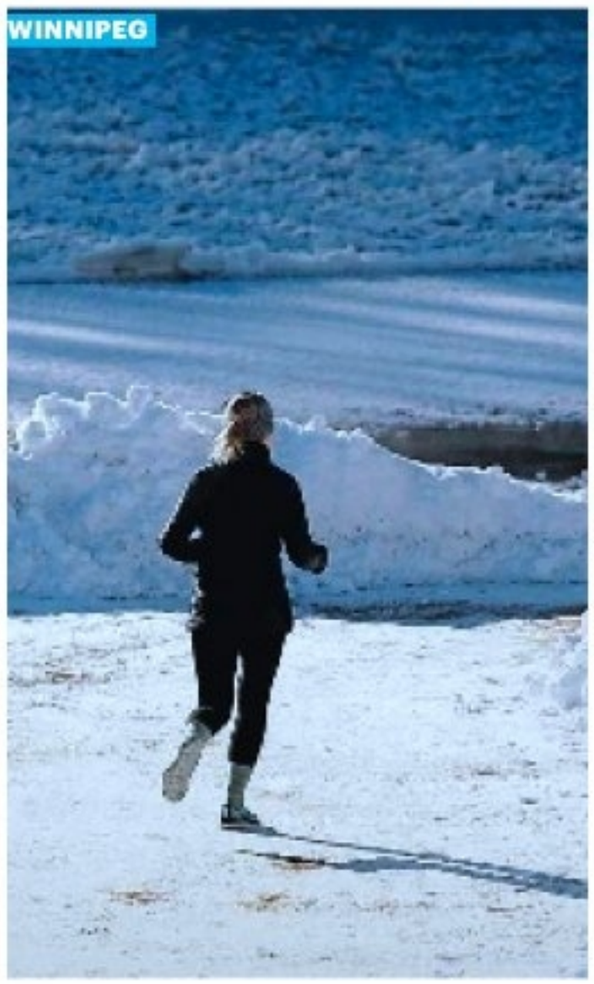

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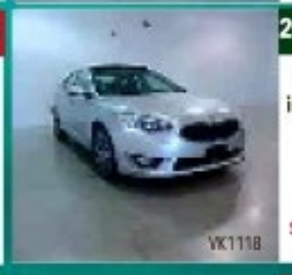

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Trump shuns intel briefings

POLITICS

President-elect also said Russian hacking claims are 'ridiculous'

Donald Trump on Sunday called a recent CIA assessment of Russian hacking "ridiculous" and says he's not interested in getting daily intelligence briefings — an unprecedented public dismissal by a president-elect of the nation's massive and sophisticated intelligence apparatus.

Trump's remarks come as key congressional Republicans joined Democrats in demanding a bipartisan investigation into the Kremlin's activities and questioned consideration of Exxon Mobil CEO Rex Tillerson - who has close business ties with Moscow — as head of the State Department.

Asked whether he's rejecting valuable intelligence on Fox News Sunday, Trump was defiant.

"I get it when I need it," he said of the top-secret briefings sessions, adding that he's leaving it up to the briefers to decide when a development represents a "change" big enough to notify him.

"I'm, like, a smart person. I don't have to be told the same thing in the same words every single day for the next eight years," Trump said.

The CIA has concluded with "high confidence" that Russia sought to influence the U.S. election on behalf of Trump. The finding alarmed lawmakers, including Senate Armed Services Committee Chairman John McCain who said Sunday he planned to put Sen. Lindsay Graham, a staunch Trump critic, in charge of investigating the claim.

THE ASSOCIATED PRESS

TURKEY A DAY OF MOURNING People carry the coffins of bomb victims during a memorial on Sunday for police officers killed outside the Besiktas football club stadium Vodafone Arena in Istanbul, Turkey. Family members, Turkey's President Recep Tayyip Erdogan, ministers and colleagues attended the memorial as Turkey declared a national day of mourning after twin blasts on Saturday killed dozens of people and wounded many others near a soccer stadium. Turkish authorities have banned distribution of images relating to the Istanbul explosions within Turkey. THE ASSOCIATED PRESS

IN BRIEF

Dozens killed in chapel bombing in Egypt
A bombing at a chapel adjacent to Egypt's main Coptic Christian cathedral killed 25 people and wounded another 49 on Sunday, one of the deadliest attacks carried out against the religious minority in recent memory and a reminder the struggle to restore security after years of turmoil. THE ASSOCIATED PRESS

Italy's foreign minister tapped to be premier
Italian Foreign Minister Paolo Gentiloni was tapped Sunday to form a new government and end a political crisis so the country can tackle pressing problems. THE ASSOCIATED PRESS

Bill English chosen as New Zealand's PM
The conservative caucus in New Zealand has chosen Bill English to be the next prime minister. English emerged victorious following a meeting of the National Party caucus. He is to be officially sworn in on Monday. THE ASSOCIATED PRESS

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Monday, December 12, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

How does one account for income disparity among groups of friends?

©Ani Castillo

Dear Ellen,

How do I politely tell my friends I can't afford to hang out with them? At university, it wasn't a problem, but now I feel like they must have family money I never knew about or they're earning a ton more than me. But somehow they can afford expensive dinners out, and now they all want to go to Cuba for a long weekend. I just don't have that kind of money. How do I beg off without appearing rude or uninterested in my old gang?

MM

Dear Ellen,

Every time I go for lunch with my gal pals, there's a problem with the bill. There's always one person who insists we pay separately, and then calculates what everyone had down to the last penny. I say we should just take turns picking up the whole tab. Who's right?

SC

Dear MM and SC,

It's funny how people these days will reveal every gory detail of their physical health, relationship issues and sex lives while personal finances remain strictly off limits.

I've been in MM's position — shocked at how rich some of my friends seemed compared to me. And horribly self-conscious about my own lack of funds (and expensive clothes, car, home, etc.). Then, one day, while they were urging me to come along to their next hiking trip in Europe, I suddenly found myself telling the truth instead of lying about work obligations: "That sounds like fun, but I can't afford it."

It's funny how people will reveal every detail of their physical health and sex lives while personal finances remain off limits.

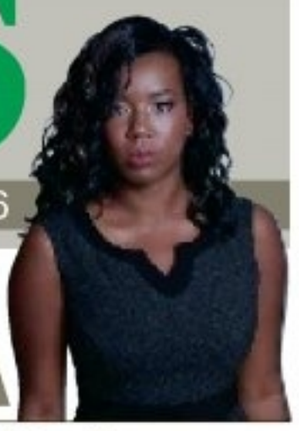
The world didn't end. They didn't seem to think less of me. The reaction was basically, "Oh, that sucks," and the conversation carried on. In subsequent gatherings, I detected a politeness on their part in not talking too much about the European expedition in case I felt excluded. But neither did they make their trip a secret, which would have made me feel even more excluded. In short, they behaved with perfect manners, were sensitive to my situation, and ultimately treated the whole issue the way it should be treated between friends — as not a big deal.

With SC's restaurant-bill problem, I wonder if it's another case of economic disparity. The nitpicker who insists on forensic accounting at the end of the meal may have carefully ordered only a salad because she's on a budget and can't afford to split a bill that includes everyone else's sea bass and champagne. Or maybe she really is a cheapskate with deep-seated neuroses about how money represents the love she never received as a child.

Either way, you as her friend should swallow your irritation and go along with it. And if you do insist on picking up the whole tab to avoid the nickel and diming, feel free. But remember it's your choice, and no one owes you anything next time you lunch with the ladies.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA



Viola Desmond's face is small comfort for the economically deprived

The decision to put Viola Desmond on the $10 bill is a landmark win for black people and communities of colour in Canada.

But there is no symbolic win powerful enough to justify how racism affected her life and robbed her of her many successes.

Despite being a businesswoman at the heart of Halifax's black entrepreneurial class, the trial against her ultimately broke her. She died in poverty.

It's in this way that racism robs families and communities for generations.

Racism is an economic interest that levies a fine on otherness and punishes those who will not accept the fine. Canada's government, lawmakers and leaders, have been the enforcers and beneficiaries.

Viola Desmond experienced this viscerally when she was arrested, jailed and fined for refusing to sit in the Rose Theatre's balcony, which was designated for its black patrons. Her failure, by way of the quotidian act of buying a movie ticket, to acknowledge the racial hierarchy required swift punishment.

Through the police and in the courts, the force of the state was brought in judgment of her blackness. She was fined $26 for "defrauding" the province of its one-cent amusement tax. Six of those dollars were given to the theatre manager. The oppressor was given a bounty for enforcing white supremacy. Inequality of choice was thus compounded.

Some say Desmond's place on the $10 bill is, at worst, a revision of history, and, at best, an attempt to sweep the uglier parts of our history aside. It's a specious argument that suggests history is being taught via the medium of our plastic currency. (The symbols on our currency currently include an icebreaker, which replaced the Famous Five, who I would argue were far more groundbreaking than a boat.)

When it comes to money, the ongoing legacy of racism is to deprive communities of colour. According to research by economist Krishna Pendakur, a visible minority man born in Canada earns about 18 per cent less than his Canadian-born white male counterpart. Indigenous Canadians live in a poverty so vast and crushing that it has been called a human-rights crisis.

A 2011 report on Canada's Colour Coded Labour Market found that poverty rates are three times higher for racialized families. That report also highlights that in 2006, the year of the last longform census, racialized Canadians were earning 81.4 cents to every dollar that non-racialized Canadians made.

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Al Gore's climate change doc An Inconvenient Truth getting a sequel

Knock their socks off

Holiday Ideas

There's a meme of the Grinch as a kid frowning after getting socks for Christmas. That same Grinch as an adult is all smiles when he gets another set. It was likely a pair of Merino wool socks that changed his mind — a cultish following has developed for the super-soft footwear among normcore and athleisure devotees in recent years. Be warned: Merino wool socks that look cool while keeping your feet warm usually cost between $25-35 per pair. Here are a few of our top picks. **MELISSA DUNNE/FOR METRO**

1 Wigwam

Wigam Mills, Inc. is a family-run business that's been making socks since 1905 in Wisconsin. The 'Miley' sock is made of merino wool, stretch nylon, and spandex. This striped pair won't sing you bouncy songs á la its namesake, Miley Cyrus, but they will keep your tootsies looking sassy.
$18 (U.S.); wigwam.com.

2 Icebreakers

Many of New Zealand's Merino wool products end up being sent to us shivering Canadians this time of year. Icebreaker socks are among those products. These pretty pink socks, made of Merino wool, nylon, and lycra, will keep your toes warm while ensuring that you look hawt.
$34.99; icebreaker.com

3 Darn Tough

This is the perfect pair of socks for the patriot in your life. The O Canada sock is made of Merino wool, lycra, and nylon. Darn Tough has been making its socks in Vermont for almost four decades. This pair will serve any Canadian darn well, whether during a game of shinny, or at the pub after the game.
$33; sportinglife.ca

4 Smartwool

Smartwool was started by two ski instructors in 1999. Since then, its socks have developed a devoted fan base. These smart, snowflake-adorned socks, made of a mix of Merino wool, nylon, and elastane, actually keep feet warm. Whether hitting the slopes, the sidewalk, or the subway, these socks are the gift that keeps on giving all winter long.
$29.99; sportchek.ca

5 L.L. Bean

The receiver of these L.L. Bean socks will surely be head over heels for them. The socks are made in Maine specifically for skiing and snowboarding. This pair features a mix of Primaloft acrylic, Merino wool, nylon, polyester, and spandex, and they also come with the classic clothier's famous lifetime guarantee.
$24.95 (U.S.); llbean.com

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ISTOCK

BARGAIN HUNTING

How to save on your winter booze order

For many, nothing rings in the festive season like a smooth single-malt whisky or a warming glass of your favourite red wine enjoyed in the company of good friends.

But with so many social obligations over December, entertaining with and gifting such potent potables can add up, says Adam McDowell, author of Drinks: A User's Guide. To keep your budget within reason, McDowell recommends embracing the spirit of Scrooge when it comes to sleuthing out a great bargain.

"I'm the last person to say you need to spend a lot of money to get delicious wine, and if you're hosting you maybe want to be a little bit of a cheapskate," he says.

Craft beer is another affordable option in which there's a diverse range of unique seasonal products, adds Crystal Luxmore, a certified beer sommelier in Toronto. Here's some tips for buying — and imbibing — in moderation.

$20B

The annual sales of alcoholic beverages in Canadian liquor stores and agencies routinely exceeds $20B.

Best wines under $15

If you're stocking up for a celebration, McDowell counsels steering clear of high-end wines.

"It's not like your friends are going to be able to appreciate the good stuff later into the night," he says. "So a party is a good occasion to find that $10 or $15 gem and get a whole bunch of that."

His favourite inexpensive gotos come from Mediterranean countries like France, Greece and Italy.

"In these countries where people drink wine more or less every day, it creates a situation where affordability happens at the same point as quality," he says. "What you get in Canada is a lot of $15 wine from those regions that are spectacular."

When it comes to reds some of McDowell's favourites are Gamay Noirs from France or virtually anything from Spain.

As for whites, he's a big fan of products that come from the Douro region of Portugal.

Not your average beer run

For those who don't consider beer a particularly festive drink, Luxmore says there's a number of specialty brews available called "winter warmers" that might change your mind. Think spiced or fruity ales with Christmas flavours, she says.

Bourbon barrel-aged beers are another seasonal pick that may appeal to the whisky lover on your Christmas list, she adds.

"At this time of year we get these big boozy bottles that have been sitting in used barrels for 12 months, so they soak up all of that oak and vanilla and toasted character," she says.

For such specialty beers expect to pay up to $10 or $15 for a 500 ml or 750 ml bottle.

But if that sounds expensive, Luxmore says, keep in mind that's basically top-shelf product. "So not only are you not cheaping out, you're getting the high-end stuff," she says.

Buying the bottom shelf

If you're planning a party the same rules apply to spirits as they do with wine, says McDowell. In other words, "don't spend more than you have to."

Whether you're buying vodka, bourbon or scotch, he says, "almost anything you can grab for $25 is great stuff for mix."

Generally, he adds, any brand of gin or Canadian whisky will be of high quality regardless of the sticker price. When it comes to those types of spirits, he says, "the only thing we have in Canada are premium brands."

But if you're not much for liquor, McDowell says, don't bother stocking up your bar. Instead, create a signature cocktail.

"Make a big pitcher of something that's not too boozy, which is great if you want to keep your guests upright and cheerful," he says. THE CANADIAN PRESS

There is a fair way to split those bills

ADVICE

Higher income earner should shell out more for expenses

Gail Vaz-Oxlade
For Metro Canada

Whether you're planning to live with a mate or officially tie the knot, it's a good idea to have a chat about how you'll manage your incomes as a couple.

While many people just split everything 50/50, I believe a proportionate splitting of joint expenses is fairer.

Let's take the example of Chris and Alex. Alex makes $65,000 a year, and Chris makes $40,000 a year.

Splitting the bills 50/50 would mean that Chris ends up spending disproportionately more income on joint expenses, leaving little or nothing for individual goals such as savings or travel.

That's why a proportionate split is far fairer; it leaves money in each pocket for savings, managing individual expenses and having a life.

Use net numbers for this calculation. Since a higher income earner will pay more in taxes, using gross numbers isn't fair. So start with how much you each bring home a month — the money that actually goes into the bank account. So that $65,000 gross turns into $52,000 after taxes, or $4,333 per month, and that $40,000 gross turns into $34,000 after taxes, or $2,833 per month.

The first step is to add your net incomes together. Then divide each individual income by this figure and multiply by 100.

Rather than a 50/50 split, divvying up the proportionate shares of bills is fairer for both members of a couple, leaving money in each pocket for individual goals. ISTOCK

When Alex and Chris add their monthly incomes together they get $4,333 + $2,833 = $7,166.

Time to divide Chris's income by that $7,166 and then multiply by 100 to get a percentage: $2,833 ÷ 7,166 x 100 = 39.53 per cent, which will round nicely to 40 per cent. Which means that Alex will pay 60 per cent of the expenses.

Since Alex and Chris are paying $2,700 a month in rent, they would each contribute the following to their joint account to cover their rent costs:

Alex: $2,700 x 60 per cent = $1,620, or 37 per cent of net income.

Chris: $2,700 x 40 per cent = $1,080, or 38 per cent of net income.

See how nicely that works out?

This, of course, only applies to the bills you agree to split. If you've run up a whole bunch of debt that your mate doesn't want to have anything to do with, then you're on your own. The same goes for individual expenses. If Alex chooses to drive a fancy car that costs $600 a month and Chris chooses a car that costs $200 a month, they would each pay their own car costs.

It's important that partners also talk about what they'll do if there's a change in circumstances.

It is important that partners also talk about what they'll do if there's a change in circumstances that affects the budget.

One of you may be out of work temporarily. How will you even up after? And if you decide to have a family and one of you stays home, even in the short term, how will you manage the bills and ensure the non-working partner has some money of their own?

These discussions may feel hard; people find it difficult to talk about money. But not talking will leave you both in the dark, a place where resentment thrives.

So communicate, don't disintegrate.

For more money advice, visit Gail's website at gailvazoxlade.com

JOHANNA SCHNELLER
WHAT I'M WATCHING

Merry Murdoch

THE SHOW: Once Upon a Murdoch Christmas
THE MOMENT: The buildup

Murdoch Mysteries serves up ham and cheesy jokes with a side of suspense. CONTRIBUTED

Police constable George (Jonny Harris) enters HQ holding a crate aloft. "It's arrived, lads," he announces. "My latest novel."

"It's just pictures," says Henry (Lachlan Murdoch).

"This is a literary innovation," George counters.

"One of your Jumpin' Jack books?" asks Jackson (Kristian Bruun).

"Yes, but he does more than jump," George says. "His shoes have wheels, which allow him to move quick as a flash."

"But he still jumps," Henry says. "Why don't you call him Jumpin' Jack Flash?"

"Because that would be ridiculous," George says.

Ho ho ho. That's a lengthy setup for a short punchline. But everything you need to know about this two-hour Christmas special — and Murdoch Mysteries — can be found in this scene.

The bantering constables. The family-friendly groaners. The gadgetry that would have been innovative in 1890s Toronto. And while we're distracted by this build-up to the hokey pun, the writers layer in information that's going to come in handy later.

Breaking Bad it is not. But that's the point, it's Breaking Good. You know in the end, orphans will sing, icy hearts will melt in a Christmas Carol/It's a Wonderful Life mash-up, and another lame joke will arrive.

Sure enough: "You might as well have your hero fly, like some kind of superhuman being," George's illustrator scoffs.

"We could call him Superma . . . Super-human-man!" George says. And to all a good night.

Once Upon a Murdoch Christmas airs Dec. 12 at 8 p.m. on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Yawning: a yoga move you should practise

THE MOVES

Learning to do a full-body yawn can help with breathing

YuMee Chung
Torstar News Service

All vertebrates, just like the lion in Frankfurt zoo, yawn, but scientists are still working on figuring out the exact reasons why. THE ASSOCIATED PRESS FILE

Long before you took your first yoga class, your body already knew something about coordinating breath and movement, thanks to the mechanism of yawning. We humans start practising this nascent form of yoga in utero, yet we are taught from an early age to suppress our yawns for fear of causing offence.

We explored the simple pleasures of yawning inside the Single Breath exhibit at the Ontario Science Centre's AstraZeneca Human Edge.

Try Full Body Yawns to ventilate your lungs, stretch your body, and restore balance to the autonomic nervous system.

1. Stand with relaxed posture — unlatch the belly, mellow out the pelvic floor, and unburden your shoulders.
2. Hang the lower jaw open and allow the breath to flow in and out through your mouth.
3. Pretend you've been cast as the lead yawner in a movie and fake a few really big yawns: try curling your hands into fists, shrugging the shoulders, and tightening up all your muscles as you take a few staccato inhales through the mouth, then splay your fingers as you reach your arms out in any and all directions.
4. Have fun with the sounds of yawning whether they are high and squeaky or low and guttural. Let the sounds surprise and delight you.
5. Give yourself permission to yawn for five minutes without covering your mouth or feeling the least bit apologetic.
6. It is perfectly normal for your eyes and nose to get moist. Blow your nose as often as you need to.

WHY WE YAWN

Modern science is still working to unravel the mystery behind the yawn. For now, here's what we do know:

- All vertebrates yawn. Fetuses yawn as many as six times an hour in their second and third trimesters.
- Yawns are contagious. Dogs will yawn with their human companions but psychopaths appear to lack the empathy to catch yawns from others.
- The body movements that accompany yawns are called pandiculations. Pandiculations are different from stretching in that they involve a voluntary muscular contraction followed by a slow lengthening and complete relaxation. Animals yawn and pandiculate a number of times upon waking.
- It causes our eyes to water and noses to run. Think of yawning as nature's eye drops and neti pot. TORSTAR NEWS SERVICE

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

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metro SPORTS

Calgary's Ted-Jan Bloemen won long-track speedskating bronze in the 10,000-metre ISU World Cup race in the Netherlands Sunday

Fight for the ages saves day

UFC 206

Criticized card lit up by superb battle between Swanson, Choi

Joe Callaghan
Metro | Toronto

Three years of waiting. And then in the space of three rounds of bewitching brutality, fighting fires were reignited.

Canada has recently questioned its place in the new UFC world. But as the foundations of Toronto's Air Canada Centre were rocked to their core by a baby-faced Korean and a venerable veteran late Saturday night, a strained relationship was strengthened again.

UFC 206 had been blighted by disputes and disruptions to the point that some had threatened to boycott the organization's first pay-per-view event in Toronto since 2013.

Yet every soul who made their way to the ACC was treated to a card that defied all expectations and a fight for the ages when for a full 15 minutes, featherweights Cub Swanson and Doo-Ho Choi engaged in a barely believable war of attrition.

There had been sparks earlier in the night, Lando Vannata's sumptuous spinning wheel kick KO of John Makdessi chief among them. The back-to-back submission victories for Canadian fighters Antoine Aubin-Mercier and Misha Cirkunov also raised temperatures.

Doo-Ho Choi and Kevin Luke "Cub" Swanson gave UFC 206 a much-needed jolt of magic on Saturday night in Toronto. PETER POWER/THE CANADIAN PRESS

But for all that, it was Swanson and Choi who delivered something else, something truly worth waiting for. The second round in particular served up five minutes of the kind of mind-bending mayhem that at this kind of peak, few sporting organizations can match. There wasn't a fan left in their seat at the end of the round as both fighters had to be helped to theirs.

Swanson, who has seen his share of fighting nights — good and bad, took immense pride in delivering such a soaring high when the expectations of so many in the house had been so low.

$1.8M

The amount of gate revenue generated for UFC 206 in Toronto. Compare that to the $18M generated by UFC 205 in New York.

"It definitely means a lot to me because there was a lot of people talking crap about this card," said Swanson afterwards, the decision having gone his way on all judges' scorecards. "It was the forgotten card. I was disrespected by that. You know people were even talking about boycotting the card. I'm glad that people got their money's worth. I'm glad I had that performance here, around a great crowd."

Such was the calibre of the contest that the main and co-main event which followed could never live up to what had come before, even if Cowboy Cerrone did his best with a shuddering head kick KO of Matt Brown that again raised the rafters.

The headline act largely struggled to do likewise. Having missed weight and seen his chance of an interim title go with it, Anthony Pettis's miserable week was compounded as he played right into the punishing hands of Max Holloway, crowned the interim featherweight champion after a third-round stoppage.

While the hordes drifted out into the early hours of Sunday morning satisfied with all this bang for their buck, the UFC's money men might not have been so buoyant. UFC 206's commercial, rather than critical, success is likely to decide how quickly the organization returns.

The new ownership regime have already stated aims at growing profits exponentially — in a hurry. With that in mind, the early numbers from Saturday framed the night a little differently.

The Air Canada Centre was officially sold out with a declared attendance of 18,057, yet the gate revenue was just US$1.8M.

The organization's previous PPV night, UFC 205 in New York — admittedly a one-off mega-event — made a gate of almost $18M from a crowd of 20,000. A better context may be that Toronto's most recent PPV to this — UFC 165 in 2013 — made a marginally bigger profit in spite of selling 3,000 less tickets.

Given the hectic nature of the fight game, quite a few bridges will be crossed before the UFC are back in town again. But on Saturday — thanks in huge part to the enthralling exploits of Swanson and Choi — many more bridges were repaired.

Toronto's fighting fires have been relit. It's up the UFC to now keep them burning.

NHL

Capitals ease past Canucks

Alex Ovechkin scored a power-play goal in the first period and Braden Holtby made it stand up, stopping 20 shots to help the Washington Capitals beat the weary Vancouver Canucks 3-0 on Sunday night.

Washington nursed a 1-0 lead until Ovechkin earned an assist on a goal by Justin Williams with just under 15 minutes left.

Tom Wilson scored into an empty net with 52 seconds remaining to seal the Capitals' fourth straight victory. Washington killed five Vancouver power plays to complete a two-game season sweep. Holtby was rarely tested in his 25th career shutout, the second this season.

SUNDAY in Washington

3	0
CAPITALS	CANUCKS

Ovechkin put Washington in front with his first goal in eight games, a wrist shot from the left circle at 13:46 of the opening period. He became the 18th player in NHL history with 200 career power-play goals.

It was Ovechkin's team-leading 13th goal of the season, the first since his hat trick the night before Thanksgiving.

Vancouver was playing its second game in less than 24 hours and fourth in six days.

THE ASSOCIATED PRESS

NFL

Russell takes blame for Seahawks loss

Russell Wilson started focusing on the Seattle Seahawks' next game minutes after leaving the cold turf at Lambeau Field.

He wasn't in the mood about talking about each one of his career-high five interceptions against the Green Bay Packers.

Seattle's 38-10 loss on Sunday to the Packers was a stunning turn for a team brimming with confidence following a blowout win last week over Carolina.

The Seahawks were dominated on both sides of the ball, though Wilson's awful game might have been the most startling disappointment for Seattle.

Russell Wilson
GETTY IMAGES

"There were just too many in there and we don't have to talk about each play. I just think we have to play better," Wilson said. "Obviously, we can't turn the ball over and I put that on me." THE ASSOCIATED PRESS

SOCCER IN BRIEF

Toronto FC loses MLS Cup to Sounders in penalty kicks

Seattle goalkeeper Stefan Frei came back to haunt his former team as the Sounders defeated Toronto 5-4 in a penalty shootout to win the MLS Cup and end a long, chilly Saturday night.

It was 0-0 after regulation, with Frei keeping Seattle in the game with a marvellous save in extra time. Defender Roman Torres was the unlikely hero for the Sounders, beat Clint Irwin with his penalty shot to end the drama. THE CANADIAN PRESS

Costa keeps Chelsea top

Fiery striker Diego Costa used his aggression in the right way to keep Chelsea top of the English Premier League on Sunday.

Costa muscled West Bromwich Albion defender Gareth McAuley off the ball before cutting inside and curling a shot into the top corner in the 76th minute to seal a 1-0 win for Chelsea at Stamford Bridge. Chelsea has won its last nine matches in the league — the team's best run since 2009.

THE ASSOCIATED PRESS

CURLING

Grand Slam glory for Jacobs, Einarson

He took the scenic route, but Brad Jacobs and his rink from Sault Ste. Marie, Ont., finally won in front of their hometown crowd.

After losing in the final in their last Grand Slam of Curling event in Sault Ste. Marie back in 2014, Jacobs and his team beat Winnipeg's Reid Carruthers 4-2 on Sunday afternoon to win The National title.

Jacobs earned his berth in the final thanks to a 5-3 win over Brad Gushue of St. John's, N.L., in the semifinal. Carruthers entered the final unbeaten after going 4-0 in the round robin and then beating Sweden's Niklas Edin 7-0 in the semifinal in just five ends.

On the women's side, a pair in the seventh end was the difference as Winnipeg's Kerri Einarson downed Switzerland's Silvana Tirinzoni 5-3. With the score tied at three, Einarson picked up the deuce and ran Tirinzoni out of rocks in the eighth end to win.

THE CANADIAN PRESS

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MAKE SURE IT'S FAIRTRADE

MAKE IT TONIGHT

Creamy Pea Tagliatelle

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This is our new favourite dish for three important reasons: 1) It's simple 2) It has an impossibly creamy sauce and you basically do nothing to achieve it 3) outside of toast, it's so fast.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 20 minutes
Serves 4

Ingredients
- 500 g tagliatelle pasta
- 2 cups frozen peas
- 1 Tbsp olive oil
- 1 onion, diced
- 3 cloves garlic, chopped
- 1 cup creme fraiche
- 3 tsp chopped chives or flat-leaf parsley

Directions

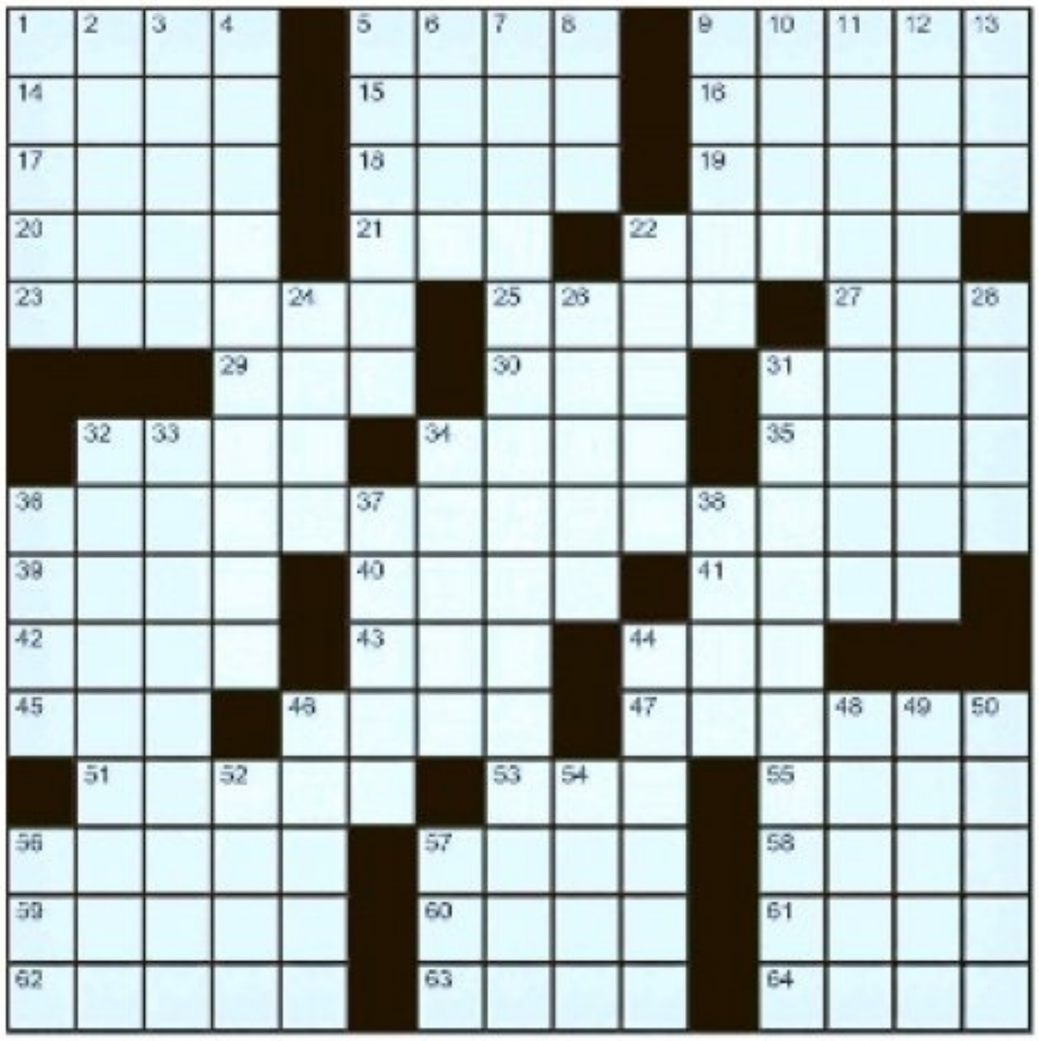
1. Cook the tagliatelle according to package directions. In the last minute of the pasta cooking process, drop the peas into the water. Drain both the pasta and peas.

2. Meanwhile, in a large skillet, heat the oil and saute the onion and garlic for 5 minutes until fragrant. Stir in the creme fraiche. Add the pasta and peas, folding them with tongs to coat the pasta with the sauce. Sprinkle with chopped chives or flat-leaf parsley and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. __ Mountain (Year-round recreation destination in Ontario)
5. Unfreeze
9. Big blooper
14. Santa __, __ (Capital and its American state, briefly)
15. Courtney Love band
16. Patrons' provisions-picking props
17. Princess in "Star Wars" (1977)
18. Lasso
19. Bonus
20. ___ (Play's opening)
21. 'Pepper' ending (Pizza topping)
22. Ancient language
23. Police officer's interest: 2 wds.
25. At hand
27. Pose for a painting
29. __ Vegas
30. Earth invaders, commonly
31. Canadian actor Mr. Rogen
32. Hideaway
34. "Who Is Harry Kellerman and Why __ __ Saying Those Terrible Things About Me?" (1971)
35. Verifiable
36. Home in downtown Toronto of The Queen's Own Rifles of Canada (Reserve regiment for which Camilla, Duchess of Cornwall, is the Colonel-in-Chief): 3 wds.
39. Real Shannon
7. #1-Across in the Wintertime: 3 wds.
8. Diminutive
9. Makeup application mistake
10. "America's __ Top Model"
11. Disease immunizer
12. What a newly-moved-into home often needs
13. "Invasion ___" (1985) starring Chuck Norris
22. __ printer
24. 50+ org. in The States
26. Mr. Hawke
28. "Or so __ say." (Apparently)
31. Plots
32. Telephone ringy-dingy that's not long distance: 2 wds.
33. Hair dye shade: 2 wds.
34. Jennifer __ (Canadian actress of ABC sitcom "The Goldbergs")
36. __-mucil (Fiber supplement brand)
37. "Garfield: __ of Two Kitties" (2006)
38. Famous painting, with Lisa
44. About [abbr.]
46. Pair of pants part
48. Overhead
49. Dogma
50. Strain
52. Fury
54. Like sludge that's leaking out
56. Kilos alternatives
57. __ and don'ts
40. Identical
41. Elm: French
42. Bills in restaurants
43. __ pollution
44. "Is there __ left?"
45. __ clear
46. Sommelier's serving
47. Epicurean's refined asset
51. Particular pink
53. Drench
55. Wild goat
56. Hawaiian veranda
57. Gateway
58. __ the wiser
59. Skyline structures, shortly
60. Rice-shaped pasta
61. Best __ (Greatest)
62. Rain/snow mix
63. "Renegade" rockers
64. Paving stone

DOWN
1. A Sharp's other name: letter + wd.
2. Bloodsucker
3. Amalgamate
4. Web marketer's address groupings: 2 wds.
5. Sofa blankets
6. Blind Melon singer

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Be careful, because this is an accident-prone day due to the tension building up before tomorrow's Full Moon. Think twice before you speak or act.

Taurus April 21 - May 21
Your focus is on money, cash flow and earnings, as well as major purchases today. You might do some shopping therapy because of tension before tomorrow's Full Moon. Caution.

Gemini May 22 - June 21
Today the Moon is in your sign, and you feel the buildup before tomorrow's Full Moon in your sign. This means you have to be patient with partners and close friends.

Cancer June 22 - July 23
Don't set high standards for yourself that are too tough to achieve. Go easy on yourself, because tomorrow is the Full Moon. You have enough to deal with.

Leo July 24 - Aug. 23
You might feel a buildup of tension with a close friend, especially a female acquaintance. Or this could happen between you and a member of a group. Just be patient and diplomatic.

Virgo Aug. 24 - Sept. 23
You feel the pressure of trying to keep everyone happy at home and at work building up within you. Of course, this is impossible. (However, you can't ignore home and family.)

Libra Sept. 24 - Oct. 23
This is a mildly accident-prone day because of the energy building up before tomorrow's Full Moon. Don't rush things. Do not be hasty. Stay mellow.

Scorpio Oct. 24 - Nov. 22
Disagreements about shared property, inheritances and such might arise now. If so, they will be settled about three days from now.

Sagittarius Nov. 23 - Dec. 21
Tomorrow, the only Full Moon opposite your sign all year will take place. This is why you feel tension with others today as this energy builds up.

Capricorn Dec. 22 - Jan. 20
Difficulties with co-workers might arise today, because everyone feels the energy of tomorrow's Full Moon building up within them.

Aquarius Jan. 21 - Feb. 19
Be patient with romantic partners today. Likewise, parents need to be patient with their kids. Everybody feels a buildup today before tomorrow's Full Moon.

Pisces
Feb. 20 - March 20
Do not let the demands of family interfere too much with your job at this time, because your job is important. Tomorrow's Full Moon creates this tension.

CONCEPTIS SUDOKU by Dave Green

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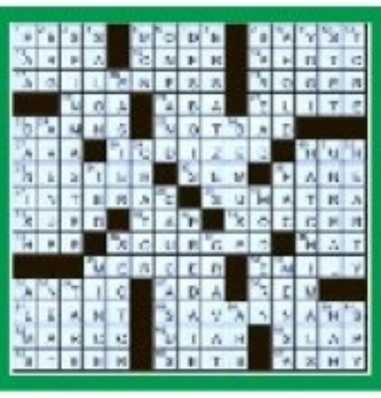

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